

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

OVER \$17,000 PLEDGED BY ESH EMPLOYEES

\$1.2 MILLION STATE GOAL ACHIEVED

The 2008/09 State Employees' Community Campaign (SECC) "30 Years of Giving" gave state employees the opportunity to continue to support their favorite charities and impact their neighborhoods and communities around the world. This year's statewide goal of raising \$1.2 million dollars was met with state employees pledging \$1,253,656 through the campaign.

ESH's employees were generous with pledges of \$17,343 to local, state, and national charities. Two employees were torchbearers, giving over

\$1,000 through the campaign. 10 additional employees were champions, contributing one-half hour's pay per check. The total pledges include one time gifts of over \$1,300, the majority collected through the theme basket auction where individuals and departments created wonderful baskets of chocolate, toys, gift cards, and much, much more! The ESH Patient Recreation Fund and Indigent Fund profited as well from the charity fair and auction with \$993.54 designated for these funds. Thanks to all who made this year's campaign the most successful ever!



This canvas painting depicts the countryside created by joining two separate scenes.

CANVAS PAINTINGS UNLEASH CREATIVITY

Artist Bob Ross would be proud of the canvas paintings created in the Treatment Mall painting class. Tree branches, flower petals, and ocean waves seemed to spring up from the canvases with each brush stroke. The painting program started in October of 2007. Rehabilitation Therapy Assistant **Paula Hurst** and Treatment Mall Director **Donna Mesker** have instructed several patients with adding detail and depth to their paintings. "They are encouraged to practice strokes and draft their ideas on scrap sheets. We're here to give guidance when adjustments are needed. The completed paintings are quite impressive and the patients are very proud of their creations."

A few patients opted to create their own abstract designs rather than choosing scenes from picture books. Scenes chosen were of an ocean-side beach house, a large oak tree, steaming coffee cups, oriental dogwood blossoms, desert palm trees, and majestic mountains. These paintings have been placed in hospital hallways and waiting rooms. What a wonderful addition to the surroundings! Photos of the paintings were taken and each patient received a color 8X10 of their painting.

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COPING WITH MENTAL ILLNESS

By Dr. Charles Smith, Chief Psychologist

Active treatment encompasses a broad range of treatment interventions and concepts. Active treatment focuses on specific evidence-based programs or classes designed to give patients the tools needed to cope with mental illness, under a recovery based model.

ESH utilizes the principles of Illness Management and Recovery (IMR) in a variety of groups. Mental Illness Insight groups embody the principles put forth in the IMR model designed to help patients understand their mental disorder. These structured groups meet on a daily basis and are organized by functional levels. The groups utilize an evidence-based curriculum known as Team Solutions.

Patients are given guidance in the development of individual Wellness Recovery Action Plans (WRAP). WRAP is a model by Mary Ellen Copeland which involves curriculum to develop recovery skills such as:

1. Identification of triggers to relapse.
2. Developing a "triggers action plan" to increase healthy daily function and reduce relapse.
3. Identification of early warning signs and a plan to intervene in those early stages.
4. Identification and development of an individualized support system that can be depended upon for help and support in times of need.
5. Identify a number of daily activities which contribute to recovery maintenance.
6. Build a Wellness Toolbox for long term recovery success.

Weekly groups are currently meeting to assist patients with developing their individual WRAP



Carol Rogers reviews breast health information with participants at the Breast Cancer Awareness Program.

OCTOBER: BREAST CANCER AWARENESS PROGRAM

A breast cancer awareness program was offered on Wednesday, October 29. Approximately 50 patients and employees were in attendance, many wearing 2008 Komen for the Cure t-shirts provided by the local affiliate. Our friends **Carol Rogers and Cookie Smith**, American Cancer Society and Komen for the Cure representatives, provided the group with information on breast health and cancer prevention. Participants learned the risk factors involved in breast cancer as well as how to perform a thorough self exam by touch and sight. Attendees were instructed not to diagnose but encouraged to report any noticeable changes to health care providers.

Civil War Tour Five patients from D and two employees visited the Indiana Historical Society Civil War Traveling Train exhibit on Friday, October 24. The train displayed pictures of soldiers, diaries kept by soldiers from Indiana, and historical facts of events during the war. We listened to a soldier talk about why he joined the infantry. He spoke on uniform policy and demonstrated the use of his rifle. President Abe Lincoln paid a visit to the tour describing his childhood and role as President of the United States. This was an outstanding educational opportunity for our patients.



HELPING HANDS



Vicki Knight, Quality Management Secretary and 2:42 Bible Study Group Member, holds a jar of the homemade lotion sold as a fundraiser to benefit ESH patients.

What would you do with \$100 to better the world? Several Crossroads Christian Church 2:42 Groups were given \$100 to grow and benefit the community. One particular group, Colette's 2:42 Bible Study Group, used the money to purchase supplies to make a baby fresh scented lotion to sell as a fundraiser. Through the sales of the lotion, the group was able to quadruple their initial start-up money. They then chose to donate the \$500 to the Patient Recreation Fund at Evansville State Hospital which supports treatment programming needs of our patients. The fund is used to purchase art and craft supplies, entertainment, sports and fitness equipment, as well as provides funding for off campus activities and hospital wide events. Thank you for bettering our world!!

NOV/DEC

Oak Hill Baptist Church 11/8 & 12/13

American Legion Auxiliary
11/12 & 12/18

Friend to Friend 11/13 & 12/11

 North Woods 11/16 & 12/21
Vigo County 11/18

Hadi Shrine Brass Band 12/1

Central Labor Union 12/9

Family Holiday Mixer 12/6

Hospital Wide Christmas Party
12/14

Unit Holiday Parties 12/15-12/19

CHRISTMAS WISH LISTS



The wish lists are out and our Christmas elves have already begun shopping as gifts are beginning to trickle in for our patients. Wish lists were sent out to sponsors in October; about 50 wish lists were sent out via email this year. We've still got a few patients without sponsors and our new admissions will also need sponsoring, so please contact Community Services if interested in sponsoring a patient.

If you'd like to donate items for Christmas morning, the following listing of items is desired for small gifts: men's gloves, men's stick deodorant, men's scented body wash, body spray, pocket tissues, chap stick, playing cards, puzzle books, paperback novels, cosmetics, dryer sheets, trial size liquid detergent, and two pocket folders (with designs).

WELCOME VOLUNTEERS:

Lucas Alstat
Brad Austin
Crystal Baumberger
Brittany Chamness
Josh Gill
Chelsea Mills
Brent Thomason

Nursing Students from
Henderson Community
College &
University of Evansville



THANK YOU DONORS!

Annabelle Barnett
Glenda Bott
Adelea Evans
George Hoffmann
Beverly Lafferty
Sue Lawrence
Vera Lee
Evelyn Lemmons
Barbara Matthews
Rosie Mesker
Mary Lou Palmer
Donna Scheller
Cathy Thomas
Sharon Thompson
Tammy Wilder
St. John's Baptist Church
W & W Pizza, Inc. Employees
Living Proof of Ministries
Holy Rosary
Tri-State Navy Mothers
MHA Gibson County

COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

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WE'RE ON THE WEB!
WWW.IN.GOV

Did You Know?

The flu vaccine is generally offered between September and mid-November, which is typically before the late-fall to early winter start of flu season. However, getting a flu shot even later in the flu season may still protect you. It takes up to two weeks to build immunity following a flu shot.

With or without a flu shot, you can take steps to help protect yourself from the flu and other viruses by practicing good hygiene.

Good hygiene remains your primary defense against contagious illnesses.

- Wash your hands thoroughly and often with soap and water or an alcohol-based sanitizer containing at least 60 percent alcohol.
- Avoid touching your eyes, nose or mouth whenever possible.
- Cover your mouth and nose with a tissue when you cough or sneeze.



WELCOME NEW EMPLOYEES

Mike Bonnell, Security Director
Steven Cerrito, Nursing Service
Jamestine Cook, Nursing Service
Joshua DeYoung, Nursing Service
Nancy Egan-West, Nursing Service
Kadarah Folz, Nursing Service
Sandra Henderson, Housekeeping
Jennifer Hoffman, Nursing Service
Julie Hauser, Nursing Service
Lauren Musgrave, Nursing Service
Angela Rivera, Physical Plant
Lasasha Robinson, Nursing Service
Crystal Taylor, Nursing Service
Jennifer Vaughn, Nursing Service



GOODBYE

Dagny Hanson, Nursing Service

